

MAKE TIME FOR FAMILY ACTIVITIES

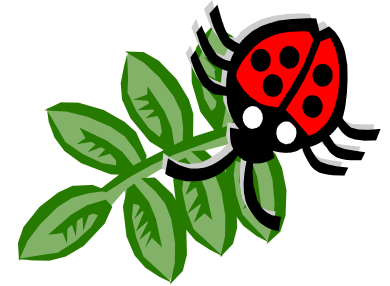
A sense of belonging to a family is enhanced when families take time to engage in common activities. Develop family rituals and memories.

TIPS

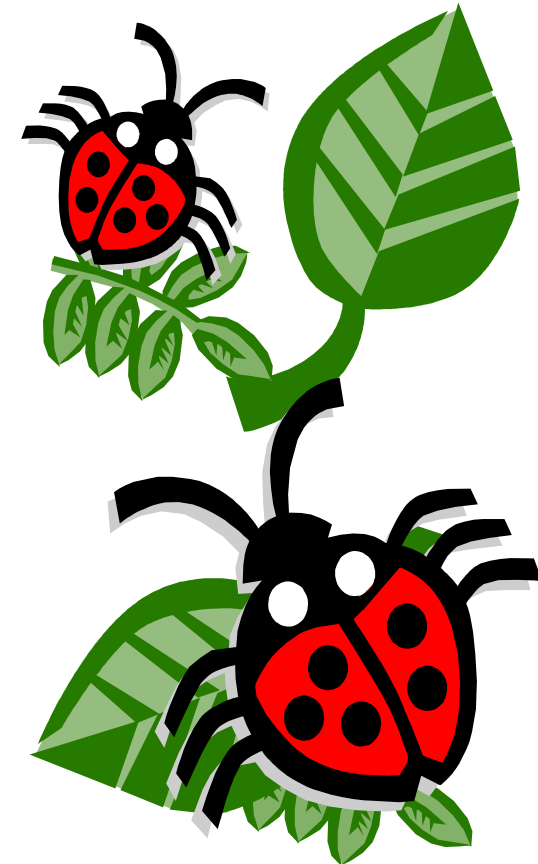
- Have meals together
- Establish family traditions
- Use family discussion time to share needs and feelings, to discuss interests and solve problems, and to promote cooperation and plan family life.
- Praise your child's contributions to family and home life.
- Help your children identify the tasks and responsibilities they can do around the house.
- Help your children recognize and appreciate their cultural heritage.

ACTIVITIES

- Look at family photos together.
- Plan menus and outings together.
- Make up and put on a play or skit together.
- "Cook" a batch of playdough and make holiday decorations.
- Get buckets of soap and water and do the car or windows.
- Go on a "history" walk or outing.
- Plant seeds indoors or bulbs outdoors.
- Pack a picnic together and take it to the backyard or a park.
- Take a get-well basket to a neighbor or friend who is ill.



NURTURING YOUR CHILDREN



Information obtained from
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TEACH YOUR CHILDREN RIGHT FROM WRONG

Children's understanding of right from wrong develops slowly, from within. It cannot be imposed upon them. Actively teach your children a code of moral conduct and lay the groundwork for them to develop their own moral guide.

TIPS

- Allow your children to own and control some possessions while encouraging them to share others.
- Share your values and the reasons with them.
- Build a sense of trust by being trustworthy.
- Teach your child to love and care about others.
- Remember that children learn the most important values and attitudes through your modeling of them.
- Help your children see things from the other person's point of view.
- Teach your children to both think about and experience the consequences of their actions.
- Avoid using negative labels like "liar" with children because they might take on those identities.
- Let your children know you value their honesty when they tell the truth.
- Teach your child that it is okay to have negative feelings and how to deal with them.
- Apologize and admit errors when YOU are wrong!
- Remember, you are always teaching.

ACTIVITIES

- Make lists of the ways we are the same and the ways we are different from others.
- Make up positive phrases to model moral behavior such as "Make nice to kitty" and "Be gentle with dolly"
- Teach your children steps for decision making and let them solve their own moral dilemmas whenever appropriate.
- Have family rituals that model moral behavior (working at a soup kitchen)
- Make up family rules together about moral and ethical issues.

TALK WITH AND LISTEN TO YOUR CHILD

Effective parent-child communications is the foundation for building your child's self-esteem and fostering loving, supportive relationships with others. Keep the communication lines open and listen actively to what your child says.

TIPS

- Get your head physically on the same level as your child's when you talk.
- Use words and phrases that your children understand.
- Avoid including too many (and sometimes unrelated) ideas in your messages.
- Paraphrase what you heard your child express.
- Give clear and consistent instructions defining the exact behavior you want.
- Make sure your nonverbal messages don't interfere with or contradict your verbal messages.
- Pay full attention to your child and maintain eye contact with him or her to enhance communication.
- Avoid thinking about your reply before listening to everything your child has to say
- Teach your children not to interrupt and model that behavior yourself.
- Ask what, how, and why questions that promote discussion rather than questions requiring only yes or no answers.

ACTIVITIES

- Ask what your children like about a show rather than whether they like the show.
- Play a treasure hunt game with pictures or words as the clues.
- "Read" a story by talking about the pictures in a book or magazine.
- Take time every day with young children to cuddle and talk.
- Repeat the sounds a young baby makes and express your joy with smiles and hugs.

CHERISH YOUR CHILD'S INDIVIDUALITY

Building children's self-confidence and sense of self worth are critical to their future development. Contribute to your children's self image by enjoying them just the way they are, not as they could be. Praise and nurture their unique strengths and personality. Self-esteem influences all aspects of our lives.

TIPS

- Spend quality time alone with each of your children every day.
- Avoid showing disappointment if your child doesn't enjoy the same things you do.
- Praise your children's differences
- Treat each child as an individual with his or her own strengths, needs and unique characteristics.
- Avoid comparing children, or asking them why they can't be like someone else.
- Support your child's interests and hobbies.
- Encourage your children to compete against themselves by seeking to improve their skills.
- Find an area in which each of your children can excel and encourage them to pursue it.

ACTIVITIES

- Have respectful family rules (for example, no borrowing without asking).
- Let children take turns picking the family activity or dinner.
- Let each child make suggestions for your special time alone.
- Plan special family celebrations or events to recognize each child's accomplishments.
- Hang signs and balloons to praise your children's different abilities.
- Give each child a turn picking the nighttime story or the music played in the house.
- Give your children responsibilities in your family that reflect their strengths.